



Health Check

WHO NEEDS A WELL CHILD CHECK-UP?



Many health problems begin before your children look or feel sick.

If your child is enrolled in EqualityCare, he or she can get FREE Well Child **Health Check** Exams; these exams help keep your children healthy. Many health problems begin before children look or feel sick. Regular **Health Check** exams can find problems and treat them before they get worse.

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What is included in a well child health check?

- ⇒ A head-to-toe physical exam
- ⇒ Immunizations (shots)
- ⇒ Tests for anemia & lead
- ⇒ Height, weight and development check
- ⇒ Nutrition check (eating habits)
- ⇒ Vision, dental and/or health screening
- ⇒ Health information (potty training, biting, fighting, walking, talking)

Special points of interest:

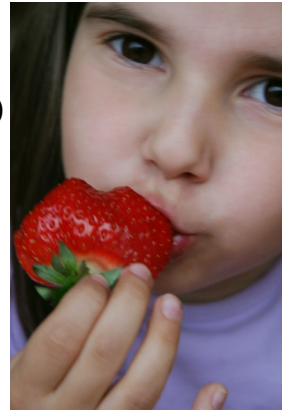
- Well Child Check-Ups
- Healthy Snacks
- Tips for New School Year
- Emergency Travel Policy
- Client Web Portal
- Important Telephone Numbers

HEALTHY SNACKS FOR SCHOOL AND HOME

Young children don't need large portions. Many experts agree that servings should equal about one tablespoon of food for each year of a child's age. Enjoy serving them those small portions now, because your grocery bills will increase dramatically as they get older!

Healthy Snack Ideas:

- Crunchy vegetable sticks (carrots, celery) with low-fat ranch dip (for older preschoolers)
- Nearly frozen applesauce
- Melon Melody: Watermelon, cantaloupe and honeydew with non-fat whipped cream
- Ants on a Log: Peanut butter on celery with raisins
- Mud & Dirt: Low-fat pudding with crushed graham crackers mixed in
- Peanut butter on half of a whole-wheat bagel
- Whole-wheat crackers or whole-wheat tortilla with salsa
- Hummus and pita wedges
- "Light" microwave popcorn with grated parmesan cheese (for children three years and older)
- Mini-pizzas: Half an English muffin covered with a tablespoon of tomato sauce, then topped with part-skim mozzarella cheese



Note: Avoid feeding foods such as hot dogs, sausages, hard pieces of raw vegetables, popcorn, nuts, seeds, dried fruits (including raisins), whole grapes and round candies to children under the age of three, due to choking hazards. If you're unsure about what's right for your child, please contact your pediatrician.

Choosing and Buying Snacks

- Buy only healthy snacks, such as fruits and vegetables.
- Before you go shopping, tell your children what behavior you expect and what, if any, snack they can expect.
- Take snacks with you when you go to appointments or run errands.
- Provide snacks that are easy to eat.
- Use snacks to provide the food groups your children are missing during meals.
- Make snacks small, then give seconds if the child asks for more.

Decide what snacks you will allow, and when. Explain the rules to your child and stick to them.

TIPS FOR A SUCCESSFUL SCHOOL YEAR

- Eat a good breakfast every morning, don't let them skip breakfast.
- Wake them up early enough so they are not tardy! Even if that means waking them up 15 or 30 minutes earlier than they are used to waking up.
- Be sure [your child](#) gets a good night's [sleep](#). Turn in early.
- Have them prepare all of their things the night before, including clothes or uniforms, socks, shoes, backpacks, homework assignments in backpacks, etc. down to the finest details, even hair accessories.
- Children should keep their backpacks, desks and rooms organized so they can find what they need easily and nothing gets lost.
- Praise your children, encourage them, use positive reinforcement, work closely with them. Let them know that you are available to help if needed.
- Create a study routine for your child. A good rule of thumb is to have them do their homework right when they get home.
- Go over homework together.
- Check their backpacks for notes, missed assignments, book orders, etc.
- Promote [healthy habits](#) like healthy snacks, low in sugar, fresh fruits and vegetables.

CLIENT NOTICE— OUT-OF-STATE SERVICE LIMITATIONS

Client Reminder

Out-of-State Service Limitations

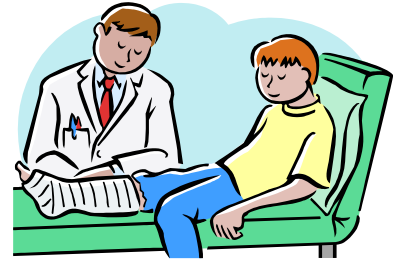
Out-of-state services are limited to:

Covered services provided due to a referral from an in-state provider to an out-of-state provider;

Covered emergency services; or

Any covered services provided in the Wyoming Medical Services Area (WMSA) which includes:

- Any city or town within the State of Wyoming;
- Craig, Colorado;
- Billings and Bozeman, Montana;
- Deadwood and Custer, South Dakota
- Pocatello and Idaho Falls, Idaho;
- Kimball and Scottsbluff, Nebraska; and
- Salt Lake City and Ogden, Utah



Out-of-state Providers must be enrolled and active with Wyoming EqualityCare to provide services to EqualityCare clients.

CLIENT WEB PORTAL (<http://wyequalitycare.acs-inc.com>)

The client secured Web portal is available and offers you the following opportunities 24 hours a day and 7 days a week:

- Check your EqualityCare eligibility.
- Ask EqualityCare questions regarding your benefits or covered services, etc.
- You may request a replacement EqualityCare client ID card.
- Make transportation requests when covered by your benefit plan. Certain requests will need to continue to be made through the ACS Transportation Call Center.

NOTE: The above requests must be made in the Client Secured Web Portal. To gain access to the secured area you must first register. On the EqualityCare Home page under "Client" there are on-line instructions on how to complete the registration process. From the Client Home page go to "*First time to the client secured portal?*" and click on "Client Web Registration" to complete the registration process. To register you will need either the EqualityCare client ID number or SSN (Social Security Number), date of birth and first and last name.

You do not need to register to access general information:

- Find a Wyoming EqualityCare doctor, dentist, hospital or clinic in your area or in a specific town, city or state.
- Contact information
- EqualityCare Handbook
- This newsletter and other client materials
- Frequently Asked Questions





TEXT4BABY

The National Healthy Mothers, Healthy Babies Coalition (HMHB) is launching text4baby, a free mobile information service that provides pregnant women and new moms with information to help them care for their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY to 511411 (or BEBE in Spanish) will receive free SMS text messages each week, timed to their due date or baby's date of birth. You may also go to the following link to sign up: <http://www.text4baby.org/index.html>.

EMERGENCY TRAVEL POLICY REMINDER

Transportation call center agents are required to document the appointment dates and times for each travel request. This information will assist in determining if overnight stays should be provided.

Emergency Fund requests will be granted for \$100 or more in an emergency situation. Emergency Funds will not be given if the transportation reimbursement is less than \$100.

When a client requests emergency funds and the reimbursement amount is \$100 or more, the transportation call center agents are required to contact the provider to verify the appointment is scheduled. Once this verification has occurred the agents will notify the client's DFS office.

An emergency fund request is limited to one (1) per 30 days per client (not per family). Routine appointments or appointments that are weeks or months in the future are not eligible for emergency funds. Regular funds are available for these routine or planned appointments.

If the client requests an overnight stay, the original hotel receipt must be mailed with their Travel Authorization Confirmation Packet or Emergency Travel Authorization Confirmation Packet.

All verifications must be the original documents (no copies or faxes) and must include client name, appointment date and time and signed by the physician, nurse, receptionist/biller, or office manager. Please keep a copy for your records. The only verification forms that will be accepted by the transportation call center will be the following:

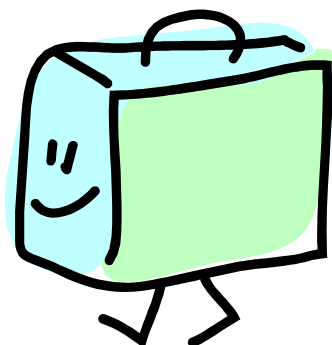
- A. The original physician or facility's Super Bill given at the time of check-out.
- B. Verification information on physician or facility letterhead.
- C. Verification information on the physician or facility's tamper resistant Rx pad.

Providers will be contacted to verify attendance of appointments. If an appointment is not attended, notify the transportation call center immediately.

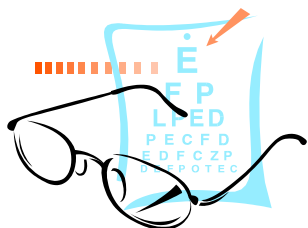
Transportation Call Center — 1-800-595-0011 — M-F 9 am - 5 pm MST

Travel to a Psychiatric Residential Treatment Facility (PRTF):

- Must be authorized prior to travel
- Must be for admit, discharge, or family therapy and must have EqualityCare approval
- Therapy visits will only be reimbursed every other month

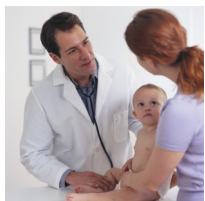


REMINDER



As of January 1, 2010, EqualityCare pays for one (1) pair of glasses per 365 days for Children under the age of 21 if medically necessary.

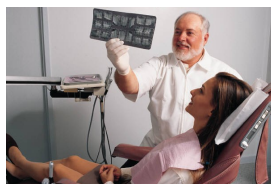
WHERE SHOULD I TAKE MY CHILD FOR CHECKUPS?



Your doctor, a clinic, health center, or local health department can provide Well Child **Health Checks**. It is best to establish a "medical home", a place where they will keep track of your child's history. Find a place in

your area to provide this medical home.

For dental exams, make an appointment with a dentist in your area.



MAKING AN APPOINTMENT...

- > You may make an appointment directly with your child's doctor or dentist (ask if they will accept EqualityCare before making the appointment).
- > It is important for you to keep your child's appointment. The doctor and dentist reserve time especially for your child. If you cannot keep your child's appointment, call and tell them as soon as possible.
- > When you go for your child's appointment, take your child's EqualityCare card and immunization record.

WHEN SHOULD MY CHILD HAVE A HEALTH CHECK?

Getting a Health Check at the right time is the best way to make sure your child gets the medical care he or she needs.

Babies need check-ups at:

- ✓ 1 month
- ✓ 2 months
- ✓ 4 months
- ✓ 6 months
- ✓ 9 months
- ✓ 12 months

Toddlers need checkups at:

- ✓ 15 months
- ✓ 18 months
- ✓ 24 months (2 years)

Young children need checkups at:

- ✓ 3 years ✓ 5 years
- ✓ 4 years ✓ 6 years



Older children and Teenagers need:

- ✓ A checkup every year

WHO SHOULD I CALL?

- If you have any questions on your EqualityCare benefits please contact ACS at 1-800-251-1269.
- For Children's Special Health (CSH) eligibility, call your local Public Health Nursing (PHN) office. For information on services and limitations for the CSH programs, call (307) 777-7941 or 1-800-438-5795.
- For travel reimbursement, call 1-800-595-0011.
- To apply for assistance in purchasing nutritional food items (i.e. formula, juice, milk, eggs, etc.) through the Women, Infants, and Children (WIC) program, contact your local WIC office.



For children enrolled in KidCare CHIP:

- If you have any questions on your KidCare CHIP health or vision benefits, please contact Blue Cross Blue Shield of Wyoming at 1-800-209-9720.
- If you have any questions on your KidCare CHIP dental benefits, please contact Delta Dental at 1-800-735-3379.

** KidCare CHIP is not an EqualityCare Program*

Visit our website at
www.health.wyo.gov/equalitycare



The Wyoming Department of Health is the primary State agency for providing health and human services. It administers programs maintaining the health and safety of all citizens of Wyoming.

Mission

We envision a Wyoming in which all citizens are able to achieve their maximum health potential: a Wyoming in which early intervention, wellness, health promotion, and health maintenance programs are the primary approach for solving health problems: a Wyoming in which at-risk citizens receive culturally appropriate and sensitive services: a Wyoming in which we and future generations are healthy, vital, and productive so as to seize the opportunity to live our individual dreams and enjoy the benefits of our bountiful resources and natural beauty.



Wyoming
Department of Health
Office of Healthcare Financing

Our mission is to promote,
protect and enhance the health
of all Wyoming citizens.

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YOUR HEALTH CHECK NEWSLETTER

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